



The Journal

Vol. 27

No. 35

www.cnmc.navy.mil/bethesda/

September 3, 2015

WRNMMC Honors Women's Equality Day



Photo By Sharon Renee Taylor

Miss Shevaughn performs at the Women's Equality Day presentation held at WRNMMC, Aug. 27.

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Walter Reed National Military Medical Center (WRNMMC) recognized the 1920 ratification of the 19th Amendment, Aug. 27, with a Women's Equality Day presentation. The ceremony acknowledged the legislation that gave women the right to vote, and celebrated recent victories of equality women have won.

"I believe our 'differences' are more about our perceptions of what is 'natural' for the sexes rather than fact, otherwise known as bias or stereotyping," said keynote speaker Army Master Sgt. Staci Harrison.

Army Capt. Kristen Griest, a military police officer, and Army 1st Lt. Shaye Haver, an Apache pilot, became the first female Soldiers to complete Ranger school and pin on the tab, Aug. 21. Initially, 17 other women began the training with the two but in the end, only Griest and Haver

made up the 24 percent of Soldiers who passed the rigorous course.

"They hadn't trained as infantrymen so those are tasks they had to learn, but had nothing to do with their gender," explained Harrison.

Ranger school is described as "the Army's premier combat leadership course teaching Ranger students how to overcome fatigue, hunger, and stress to lead Soldiers during small unit combat operations," Harrison explained. Griest and Haver not only finished the 62-day course, but one helped at least one comrade do the same, according to Harrison.

"During an interview, one of the Soldiers who earned his Ranger tab said that he couldn't have gotten through it if one of the females hadn't helped him carry his ruck sack. [He said] all the other males passed him by, but she helped him pick up his ruck sack," Harrison recalled.

"This course has proven that every Soldier, regardless of gender, can achieve his or her full potential," Army Secretary John M. McHugh said, offering congratu-

lations to all of the new Rangers upon their graduation last month. "We owe Soldiers the opportunity to serve successfully in any position where they are qualified and capable."

Although both Griest and Haver completed Ranger training, neither will be eligible to join the 75th Ranger Regiment—the assignment is closed to females, for now. Harrison encouraged the crowd to reevaluate their dedication to ending discrimination against women, despite recent triumphs.

"Do one thing for a better world," the master sergeant urged attendees at the equality presentation. She encouraged the crowd to find out more about women's rights struggles around the world. "Support organizations working to promote women's rights and equality. Hold an event to raise awareness about the issue of equal rights for all."

"I love being a woman," Harrison said. "I just don't want to be eliminated from contention for an opportunity solely based on my gender."

Characters Come Alive at MWR CON



Photos by MC3 Hank Gettys

Morale, Welfare and Recreation (MWR) Naval Support Activity Bethesda (NSAB) held its first MWR CON celebrating popular culture Aug. 30 at the Bowling Center onboard NSAB. The event included costume contests, laser tag, a photo booth, trivia contests, games and much more. Local volunteers and sponsors provided vital support for the event.



Commander's Column

The end of summer is upon us. We know this as we witness the start of school, somewhat cooler temperatures and the arrival of Labor Day.

The start of school means that our children will be on our roads, streets and crosswalks and we need to slow down to help ensure their safety. I'm not talking about just on the NSA Bethesda compound, but everywhere. I'm personally asking everyone to be alert and vigilant - slow down and stop for school buses when they are dropping off our kids instead of impatiently going around them. The safety of our children depends on it.

So as our children endure their "back to school" transition, our nation will celebrate the contributions of the American labor force on Labor Day. According to the U.S. Department of Labor's (DOL) website, the first Labor Day holiday was celebrated on Tuesday, Sept. 5, 1882 in New York City.

More details about the history of Labor Day from the DOL: "In 1884, the first Monday in September as selected as the holiday. The idea spread with the growth of labor organizations and in 1885 Labor Day was celebrated in many industrial centers of the country.

"The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday — a street parade to exhibit to the public 'the strength and esprit de corps of the trade and labor organizations' of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday.

"The character of the Labor Day celebration



Capt. Marvin L. Jones
NSAB Commanding Officer

of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker." (Source: <http://www.dol.gov/laborday/history.htm>)

On a personal note, I want to say how much I appreciate your daily efforts on behalf of patients, customers, visitors, staff and their families. NSAB is a microcosm of American society and just as we celebrate the American labor force, so too should we celebrate our vital efforts as an essential part of it. Thank you!

As we celebrate the end of summer, the beginning of the new school year and the Labor Day holiday, please take a moment to reflect on all we have accomplished. You are the key component of our team and we need you to continue accomplishing our various missions. Please keep safe as we enter a new season and continue our efforts to make Naval Support Activity Bethesda an environment for patients to heal, staff to thrive and guests to feel at home.

has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

"The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization

Bethesda Notebook

Lean Six Sigma Green Belt Course

Lean Six Sigma training will be Oct. 19-23. The training is designed to equip participants with the principles and tools necessary to drive improvements based on data using the best industry-standard methodologies. For more information, contact HM3 Paige Gerkin at paige.m.gerkin.mil@mail.mil.

Healing Arts Exhibit

The Healing Arts Exhibit (previously known as the Breast Cancer Art Show) will be at Walter Reed National Military Medical Center Oct. 8 at 3 p.m. in the Pavilion between the America Garage and Building 19. Artwork submissions will be accepted until Oct. 2. For more information regarding submissions, contact Jessica Shipman at 301-319-2896 or Capt. Moira G. McGuire at 301-319-8755.

TeamSTEPPS Training

TeamSTEPPS (Teamwork Skills, Team Strategies and Tools to Enhance Performance and Patient Safety) two-day train-the-trainer course is Sept. 28-29. For registration, times and location, contact Hospital Education and Training (HEAT) at dha.bethesda.ncr-medical.list.wrnm-class-registration@mail.mil

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NSAB Collects Food for Feds Feed Families Drive

By Andrew Damstedt
NSAB Public Affairs
staff writer

Last year, Naval Support Activity Bethesda (NSAB) collected 750 pounds of food to donate to the Feds Feed Families annual food drive. So far, the installation has donated 400 pounds in this year's drive with just one month left to go to collect donations.

"There are people who are not so fortunate to have a job or be able to provide food for their family," said NSAB Religious Program Specialist Mauricio Melo.

Melo said the food drive started during the first week of July and will end Oct. 5, with the non-perishable items being donated to the Capital Area Food Bank. The most needed items are canned tuna, salmon or chicken; canned vegetables;



Courtesy graphic

canned fruits; brown and white rice; pasta; hot and cold cereal; canned or dry beans; peanut butter; juices and healthy snacks such as granola bars, according to the food bank.

In addition to dropping off non-perishable items in the boxes on the installation, donations of fresh food (fruit, vegetables, herbs and nuts)

can be made directly to a local food pantry. Go to www.ample-harvest.org/fff to find local food pantries that are accepting fresh food.

NSAB is one of several U.S. Navy bases in the National Capital Region as well as several federal organizations participating in the Feds Feed Families program this year,

which was started in 2009 as a way to help keep food pantries stocked in the summer months.

Jennifer McDowell, Feds Feed Family national program manager, said the program was started to address hunger in the summer months.

"It was started to find a way to meet the need in the summer months when kids are out of school and don't have access to lunches at school," she said. "It coincides with the time when food donations go down."

In 2014, the Feds Feed Families program raised 14.8 million pounds of food. Since its inception, nearly 39 million pounds of food has been collected.

More than 2 million pounds were collected during the first month of the food drive this year, McDowell said.

There are 13 boxes around the installation where people can put their donations. They are located in Buildings 1, 2, 11,

17, 27, 50, 60; and at the Child Development Center, Navy Exchange, Navy Gateway Inns & Suites, on Main Street and the chapel in Walter Reed National Military Medical Center as well as at the Uniformed Services University of the Health Sciences.

Sept. 11, Melo said they will be collecting donations at the finish line of the annual Freedom 5K that starts at 11 a.m. at the MWR Sports Complex.

"I encourage people to drop off a can," Melo said. "There are thousands of people on base, if they all bring a can, it'll be thousands of pounds that will eventually feed a lot of people."

For more information on this program and other ways to donate, visit www.usda.gov/wps/portal/usda/usdahome?navid=feds-feed-families.

Inpatient Oncology Formally Joins Cancer Center of Excellence

By Sarah Marshall
WRNMMC Public Affairs
staff writer

To continue enhancing the patient experience and extending resources for providers, Walter Reed National Military Medical Center's (WRNMMC) Inpatient Oncology ward is now formally a part of the WRNMMC's John P. Murtha Cancer Center of Excellence (MCC).

The MCC, in Building 19, is the military health care system's only Department of Defense-approved Center of Excellence for cancer care, and provides outpatient cancer services. The center includes several clinical departments and services, such as pediatric, dermatologic, urologic, gynecologic and radiation oncology. The inpatient ward, located in Building 10, treats patients requiring intensive regimens, and those with more aggressive types of cancer who may need a bone marrow transplant. Additionally, the inpatient ward offers palliative care for those in end-stages of cancer.

During a ceremony Aug. 26 on the Inpatient Oncology ward, staff gathered for an unveiling of the MCC's logo, now hanging in front of the ward's nurses' station.

The MCC and Inpatient Oncology ward have always

been one team, but the ceremony solidified their partnership, explained Maj. Gen. (Dr.) Jeffrey Clark, WRNMMC director. These staff members put the patient at the center, and they recognize the importance of implementing a multidisciplinary approach, he said. They have collaboration between a diversity of perspectives – corpsmen, medics, nurses, pharmacists, physicians, residents – and they all have the same focus, the patient. This is what allows us to "provide the care our patients deserve," he said. "An extraordinary experience for every patient, every time ... That's what we do."

The inpatient services have been an extension of the services provided in the outpatient setting, and so it's appropriate to "formalize" this alliance, explained Army Col. (Dr.) Jeremy Perkins, chief of Hematology-Oncology.

Having these services is unique – not every medical center has an inpatient oncology service, and not every cancer center has an inpatient unit, he added.

"This really allows us to treat a broader spectrum of patients," he said.

Army Col. (Dr.) Craig Shriver, director of the MCC, explained the cancer center puts forth millions of dollars in research, studying best practices,



Photo by Sarah Marshall

The John P. Murtha Cancer Center logo was unveiled during a ceremony Aug. 26 at Walter Reed National Military Medical Center, by inpatient ward nurse Ensign Anieka Chevalier, left, and her patient, retired Air Force Lt. Gen. Jim Brown, who said he was honored to be a part of the ceremony.

es, and can continue extending these resources to the inpatient ward. In turn, the cancer center benefits from the continued research with the inpatient services, enrolling inpatients in clinical trials.

Shriver also explained the MCC's five principals, as displayed on their large, purple and gold logo: expertise, healing, discovery, hope, and caring. He encouraged staff each time they walk by the logo, on this "phenomenal ward,"

to remember these principals they represent, and to take pride in that – the expertise they bring to patient care, the healing that occurs because of that, the discovery because of clinical trials, the hope each patient brings when they enter the facility, and caring for the patient, as they continue putting them at the center.

Cmdr. (Dr.) Anne Hollis, service chief of Inpatient Oncology, expressed her excitement for their collaboration, and

the many benefits that have already come from working together. They've developed a "chemo rounds check," as a safety measure, which involves nurses, pharmacists and doctors meeting daily to review, in detail, each patient's chemotherapy. Additionally, their collaboration will continue allowing staff to rotate between hematology-oncology clinics, enhancing their skill set and knowledge of chemotherapies, she said.

Formalizing their partnership will also allow their staff an even greater sense of pride in the organization, as they continue to "optimize the patient experience, each and every day," she added.

Staff applauded as the MCC logo was unveiled during the ceremony by inpatient ward nurse Ensign Anieka Chevalier, and her patient, retired Air Force Lt. Gen. Jim Brown, who said he was honored to be a part of the ceremony. He had nothing but positive remarks about the "wonderful" care he's received.

"If something needs to be done, it gets done," Brown said. "I've never seen such great attitudes day and night ... It's super. You all do a great job."

World War II Remembered

Legacy Of Care Continues at Premier Medical Center

By Joseph Nieves
WRNMMC Public Affairs
staff writer

Seventy years ago on Sept. 2, World War II ended for the United States with the signing of the Japanese Instrument of Surrender on board the USS Missouri. The war lasted six years and one day, and during that time, tens of thousands of service members were treated at Walter Reed Army Medical Center (WRAMC) and National Naval Medical Center (NNMC), the predecessors to Walter Reed National Military Medical Center (WRNMMC).

Opened in 1909 and named after the Army doctor who led the team that confirmed yellow fever is transmitted by a particular mosquito species, Walter Reed admitted more than 18,000 service members in 1943 alone. That figure topped the

previous record of 13,752 service members hospitalized during World War I, according to Army historians.

President Franklin D. Roosevelt selected the site for NNMC and drew the initial design for how he wanted the hospital to appear on his White House stationery. He laid the cornerstone of the Tower on Armistice Day, Nov. 11, 1940. In 1945, at the end of World War II, temporary buildings were added on the grounds around the Tower to accommodate nearly 2,500 wounded American Sailors and Marines.

Some 70 years later, WRNMMC continues the legacy of its predecessor in caring for service members and their families. Also during World War II, and much like today, the American Red Cross had volunteers



Courtesy photo

See WWII page 6

An American Red Cross volunteer assists a Soldier with a pottery project as part of his rehabilitation at Walter Reed General Hospital during World War II.

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Fight the Bite: The Facts on West Nile Virus

**By Maj. Janeen Mathies, USA
Chief, Environmental Health**

Mosquitoes can be relentless this time of year. It seems that if you swat one away, you immediately find three others in its place. Not only are mosquitoes a nuisance, but they also transmit several diseases, one of which is West Nile virus (WNV).

What exactly is West Nile virus, and should you be concerned?

West Nile virus is an arthropod-borne virus most commonly spread through the bites of infected mosquitoes. Mosquitoes transmit WNV when they feed on infected birds and subsequently feed on humans. Most people are infected between the months of June and September, when mosquito populations are greatest.

Most people infected with WNV have no symptoms. Approximately 20 percent of those infected have a mild flu-like illness, and only 1 percent experience severe or life-threatening symptoms. People over age 60 and those with a compromised immune system have the highest risk. As with any illness, contact your medical provider if you have concerns.

To help combat WNV in the area around Naval Support Activity Bethesda (NSAB), preventive medicine technicians from the Walter Reed National Military Medical Center (WRNMMC) Environmental Health Service perform local West Nile surveillance.

Every week in the summer, technicians set up mosquito traps at six different sites in the National Capital Region. Trapped mosquitoes are sorted and sent to the U.S. Army Medical Department Army Public Health Center (Provisional) for testing. In the case of a positive specimen, Army Public Health Center experts notify WRNMMC Environmental Health staff, who in turn notifies the chain of command and recommends measures to reduce risk for those in the affected area.

You can take personal action to further reduce your risk. Because mosquitoes are the most significant transmitters of WNV, the best way to prevent the virus is to prevent mosquito bites. Use insect repellent when you go outdoors. Repellents that contain DEET or picaridin are safe and provide great protection when used in accordance with the label instructions. Wear long pants, a long-sleeved shirt, socks, and shoes when outdoors for long



Photo by Bernard S. Little

Pfc. Roberto Saenz and Hospital Corpsman 3rd Class Kendal Bush set mosquito traps Sept. 1 at the Forest Glen Annex to test for West Nile virus (WNV).

periods of time, especially if you are out during the peak mosquito biting time period of dusk to dawn. Increase protection by spraying clothes with an insect repellent that contains permethrin or another EPA-registered repellent. Exclude mosquitoes from your home by keeping windows and doors closed or by installing screens.

To reduce the mosquito population around your home, eliminate their breeding sites by removing standing water. Dispose of plastic containers, ceramic pots, tires, or other items that hold water. Frequently empty and clean outdoor trash bins, pet water dishes and bird-baths. Clean clogged gutters annually. Empty children's wading pools when not in use, and turn the pools over to prevent unintentional water collection. Aerate ornamental pools or stock them with fish. Be aware that mosquitoes need only a small amount of water to breed, so even items such as swimming pool covers, tarps, or plastic sheeting may breed mosquitoes if water accumulates and stagnates. If you have a container outside that you cannot eliminate, consider putting holes in the bottom to provide drainage.

West Nile virus is preventable. Be proactive and take steps to protect yourself and your family. There is an added bonus — taking action against WNV virus is taking action against those pesky mosquitoes.

For more information on mosquitoes and WNV, visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/westnile/index.html>.

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WWII

Continued from pg. 4

assisting patients and service members throughout the hospital and across the world.

“We did what we do today but my mother was rolling bandages,” recalled Mary Bochanis, who volunteered at WRAMC during World War II. “It was at the height of the war so everyone was rolling bandages.”

Bochanis also met her late husband Gus at WRAMC. He was an amputee and patient receiving care at WRAMC’s Forest Glen Annex, which the hospital had acquired to create a “convalescent section.” Gus stormed the beaches of Normandy and, a few weeks later after being injured in Belgium, he returned stateside. “Walter Reed was known throughout the world in those years, like the Red Cross,” Bochanis explained. I was a volunteer at Walter Reed and that’s how we met.” She said she volunteered at



U.S. Navy Bureau of Medicine and Surgery photon

President Franklin D. Roosevelt speaks at the dedication of the Naval Medical Center in Bethesda, Md., in 1942. The center was renamed the National Naval Medical Center, and now, along with the former Walter Reed Army Medical Center, is Walter Reed National Military Medical Center.

WRAMC for 10 years and married Gus in 1946 after the war. “A lot of amputees...in the early years we had so many coming through,” Bochanis recalled. “It was different, they struggled but morale was incredible. The guys were so up in spite of their injuries, like the guys today, and this is what’s good about what we can do for them,” she continued. She also recalled “how bulky” the old prosthesis were and “how wonderful” it would have

been for amputees with what’s today, 70 years after World War II. Deno Reed, a Navy corpsman and one of six sons to serve during World War II, spoke of the end of the war and the atmosphere in the country at the time. He currently volunteers with the Red Cross at WRNMMC. “It was very positive that we were now going to be able to develop things in a normal manner, the majority of people I knew and visited were interest-



National Museum of Health and Medicine, AFIP, WRAMC History Collection

Gen. Dwight D. Eisenhower visits Pfc. Ray E. Stevenson of Fayetteville, Tenn., on Ward 36 of Walter Reed General Hospital in 1945.

ed in the redevelopment of Europe and Japan and helping service members develop normalcy and get back into civilian life,” he said. Supreme Allied Commander, five-star U.S. General of the Army Gen. Douglas MacArthur, accepted Japan’s surrender on behalf of the Allied Powers and signed in his capacity as Supreme

Commander on Sept. 2, 1945. “I was on leave and my parents were pleased that they realized their sons would be returning home,” Reed said. Two years after the war, Reed left the Navy to attend college. He later became a doctor of physiology and audiology. He began volunteering at WRNMMC years ago so he could continue to

serve people with disabilities as he has for the last 50 years, bringing with him his knowledge and experiences from World War II-era medicine. The legacy of WRNMMC over the last 70 years has grown immensely because of the contributions of the many patients, staff and volunteers who have served our nation.



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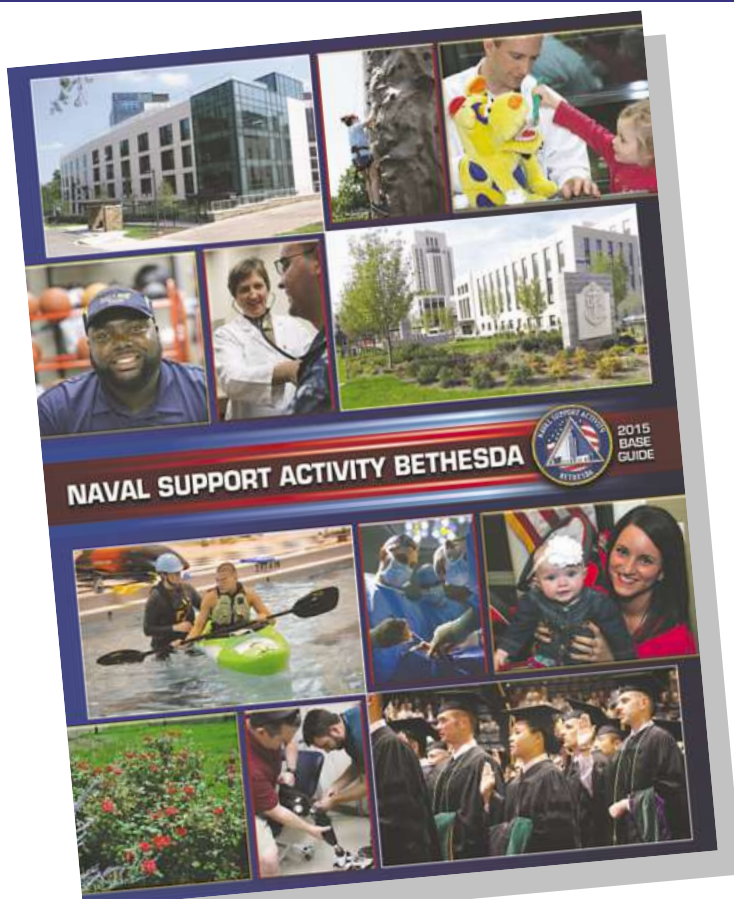
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